

IDAHO CONTENT STANDARDS  
KINDERGARTEN  
PHYSICAL EDUCATION

Standard 1: Skilled Movement

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
<b>Goal 1.1: Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.</b>	K.PE.1.1.1 Demonstrate progress toward the mature form of selected locomotor, non-locomotor and manipulative patterns.	K.PE.1.1.2 Identify movements using concepts of body and space awareness, effort, and relationships, (directionality, kinesthetic and temporal awareness).				

Standard 2: Movement Knowledge

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
<b>Goal 2.1: Demonstrate understanding movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.</b>	K.PE.2.1.1 Identify vocabulary of basic movement concepts.	K.PE.2.1.2 Identify fundamental movement patterns.	K.PE.2.1.3 Identify simple biomechanical principles.			

Standard 3: Physically Active Lifestyle

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
<b>Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</b>	K.PE.3.1.1 Participate daily in moderate to vigorous physical activity. (Recommended by NASPE: At least 60 minutes and up to 2 hours per day with several bouts of physical activity lasting 15 minutes.)	K.PE.3.1.2 Explore and participate in health enhancing physical activities.	K.PE.3.1.3 Express feelings about participation in physical activity.			

Standard 4: Personal Fitness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
<b>Goal 4.1: Achieve and maintain a health enhancing level of fitness.</b>	K.PE.4.1.1 Participate and sustain a moderate or vigorous level of activity.	K.PE.4.1.2 Identify the physiological signs associated with physical activity.	K.PE.4.1.3 Identify other activities that increase heart rate.			

Standard 5: Personal and Social Responsibility

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
<b>Goal 5.1: Exhibit responsible and social behavior that respects self and others in physical activity settings.</b>	K.PE.5.1.1 Apply teachers’ rules, procedures and safe practices with teacher reinforcement.	K.PE.5.1.2 Share space and equipment with others.	K.PE.5.1.3 Cooperate with others.			